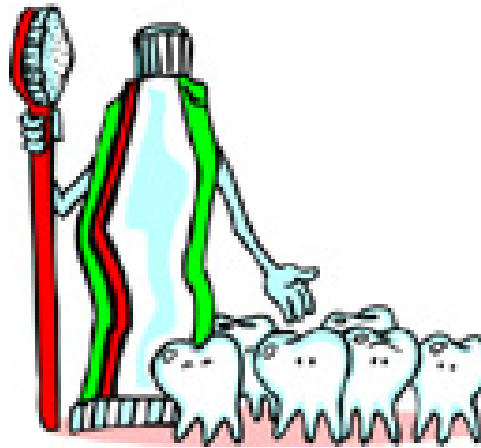


# Oral Health Focus Presentation

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**“The Utah Oral Health Program promotes oral health education and prevention, increases community awareness of the oral health needs in the state, and improves access to oral health care services.”**



# Why Oral Health?

- Tooth decay is one of the most common chronic infectious diseases among U.S. children.
- This preventable health problem begins early: 28 percent of children aged 2–5 years have already had decay in their primary (baby) teeth. By the age of 11, approximately half of children have experienced decay, and by the age of 19, tooth decay in the permanent teeth affects two-thirds (68 percent) of adolescents.
- Low-income children have twice as much untreated decay as children in families with higher incomes.
- This may result in pain, dysfunction, underweight, and poor appearance—problems that can greatly reduce a child's capacity to succeed in the educational environment.

# Oral Health Criteria

To complete the Oral Health “focus area” you must complete two of the following criteria.

- Distribute a newsletter about oral health.
- Do a fluoride rinse program (for non-fluoridated areas).
- Include oral health as a topic at an assembly.
- Distribute an oral health survey to parents.
- Complete another project, which the UDOH Oral Health Program has approved.



# Newsletter

Distribute a newsletter about oral health.

Distribute the newsletter to teachers, parents, and students. You can create your own or use one that's already made. It is also acceptable to include a paragraph about oral health in each monthly newsletter disseminated through the school.

UDOH Oral Health Program

- SWISH
- Mind Your Mouth



# Fluoride Rinse Program

Do a fluoride rinse program (for non-fluoridated areas).

A fluoride rinse program is usually done in grades 1-3 but can be done in any and all grades. The students rinse their mouth with a fluoride rinse given to them in a disposable cup. Doing a fluoride rinse program at your school is important because it can reduce decay in a simple cost-effective way. The students also learn more about dental health and the concepts of prevention.



# Fluoride Rinse Program

## Resources:

UDOH Oral Health Program

Peggy Bowman, RDH

801-538-6026

[peggybowman@utah.gov](mailto:peggybowman@utah.gov)

The fluoride rinse program costs between \$2-\$4 per student that is participating. In contrast, a daily home mouthrinse program costs around \$35 per student.

My Water's Fluoride

<http://apps.nccd.cdc.gov/MWF/Index.asp>

American Dental Association

[www.ada.org](http://www.ada.org)

American Dental Hygienists' Association

[www.adha.org](http://www.adha.org)

ADHA Fluoride Facts

[www.adha.org/oralhealth/fluoride\\_facts.htm](http://www.adha.org/oralhealth/fluoride_facts.htm)

# Oral Health at an Assembly

Include oral health as a topic at an assembly.

At an assembly you can teach students what oral health is and why it is important. You can use ideas from the Web sites listed. Keep in mind that dental hygiene students in your area are available to come to your assembly, do a play, and/or teach the kids. They'll even bring their big giant toothbrush!



# Oral Health at an Assembly

## Resources:

ADA Animations, Games, and Puzzles

[www.ada.org](http://www.ada.org)

ADHA Activities

[www.adha.org](http://www.adha.org)

Oral-B Teaching Tools Lesson Plans

[www.oralb.com/us/learningcenter/](http://www.oralb.com/us/learningcenter/)

Crest Classroom Activities

[www.crest.com/crest\\_kids/index.jsp](http://www.crest.com/crest_kids/index.jsp)

Bright Futures in Practice: Oral Health

[www.brightfutures.org/oralhealth.index.html](http://www.brightfutures.org/oralhealth.index.html)

Colgate Kids World

[www.colgate.com/app/Kids-World/US/HomePage.cvsp](http://www.colgate.com/app/Kids-World/US/HomePage.cvsp)

Open Wide and Trek Inside

[www.science.education.nih.gov/supplements/nih2/oral-health/default.htm](http://www.science.education.nih.gov/supplements/nih2/oral-health/default.htm)



# Oral Health at an Assembly

## Local Dental Hygiene Programs:

Dixie State College Dental Hygiene Program 435-879-4905

Individual classroom presentations

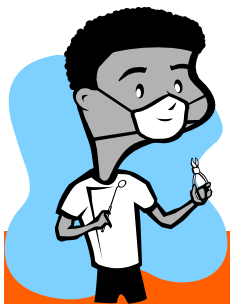
Salt Lake Community College Dental Hygiene Program 801-957-2713

Utah College of Dental Hygiene 801-226-1081

Utah Valley State College Dental Hygiene Program 801-863-7536

Weber State University Dental Hygiene Program 801-626-6130

[salexander@weber.edu](mailto:salexander@weber.edu)



# Oral Health Survey

Distribute an oral health survey to parents.

The Oral Health Survey should be filled out by the parents, collected by the school, and then turned in to the Utah Department of Health's Oral Health Program. Completing the survey will reinforce healthy dental habits that parents can assist their children in obtaining. Results from the survey will help the school and the health department identify in which areas the children need to improve.



# Oral Health Survey

Child's Name (Last, First) \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ Gender: M F

Yes

No

☐☐

My child drinks water with enough fluoride or takes daily fluoride tablets.

☐☐

My child swishes with weekly school fluoride rinse or daily home fluoride rinse.

☐☐

My child has dental check-ups at least once a year.

☐☐

My child brushes daily with a fluoride toothpaste.

☐☐

My child flosses daily.

☐☐

My child has had sealants placed on biting surfaces of the back teeth.

☐☐

My child has insurance for dental treatment.

\_\_\_\_\_  
Parent/Legal Guardian's Signature

\_\_\_\_\_  
Date

# Approved Project

Complete another project, which the UDOH Oral Health Program has approved.

If you would like to create another project that goes along with oral health, feel free to do so. Simply contact the Oral Health Program for approval.

Oral Health Program  
Peggy Bowman, RDH  
801-538-6026  
[peggybowman@utah.gov](mailto:peggybowman@utah.gov)



# Questions

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or

<http://health.utah.gov/oralhealth/>